

# **Wellness and Health Promotion Committee**

## **Annual Report for 2004 - 2005**

#### Members

Membership

Director of Student Health Services

Ms. Carmel Williams (Chair)
Coordinator of Disability Services

Mr. Christopher T. Moy
Director of Counseling and Student Development

Dr. Jacklyn R. Leitzel
Director of Athletics and Recreation

Dr. Mary Jo Gunning
Director of Housing and Residence Life

Ms. Andrea Morrison
Director of Human Performance Lab

Dr. Kenneth W. Rundell
Chief of Safety and Security

Mr. Joseph Ross

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Faculty representative of Health and Physical Education Ms. Shelby Yeager

Faculty representative of Music Therapy Sr. Marian Pfeifer (resigned, not replaced)

Faculty representative of Nursing & Public Administration Dr. Cherie Soprano
Faculty representative of Nutrition and Dietetics Dr. Marianne E. Borja
Faculty representative of Physician Assistant Program Dr. Karen Arscott

Faculty representative of Social Work TBA
Student representatives TBA

#### Meetings

The committee met twice in the fall and once in the spring.

#### Accomplishments

- The committee sponsored a noontime lecture in the Fireplace Lounge presented by grad student Matt Holland on the "Low Carb Craze". In spite of publicity assistance from the Student Activities Office, no one attended. Matt offered to do the lecture in the University 100 classes and Dr. Arscott had him present to her group.
- An after dinner walking group was started with the idea of safety in numbers in mind. A total of five students signed up and volunteered to keep meeting as a group.
- The committee co-sponsored the Health Fair in November and the Fitness Challenge in March.

### Submitted by

Carmel Williams, R.N., B.S.N. Chair, Wellness and Health Promotion Committee

April 21, 2005

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